

YOUR THOUGHTS AND YOUR HEALTH

Sylvester Onyemalechi

Many do not know that there is a direct connection between our thoughts and our health. Many of the ailments and diseases that men suffer from today are caused by our wrong thoughts. There is a right use of the mind and there is a wrong use of the mind. The right use of the mind makes one healthy and productive. The wrong use of the mind brings a heavy burden on the mind and subsequently on the body of man which causes all kinds of sicknesses and diseases. Migraine, High blood pressure, stroke, body weakness, numbness of certain parts of the body, rheumatism, arthritis, depression, sleeplessness, nervousness, insanity, and many others are caused by evil and negative thoughts. Negative thoughts breaks down the immune system of the body, thereby, making the body to suffer many diseases.

Positive thoughts stimulate joy and happiness which in turn enhances good health and productivity. Negative thoughts induce oppression on the mind and body. It is an unnecessary weight that destroys the body's defense mechanisms. Though the mind of man can carry out virtually any task laid upon it by man, it was not designed to enjoy negative and evil thoughts. So, when it is dwelt on evil and negative thoughts like worry, anxiety, fear, envy, anger, resentment and hate, it becomes a burden and a heavy weight, and the human body reacts negatively to it. Negative thoughts are an abuse on the human mind. And when the human mind is abused, the body pays for it. The true purpose of the human mind is for creative and positive use to make man's life a successful one to the glory of God.

IMPORTANT FACTS YOU MUST KNOW

1. **The body functions well in an atmosphere of mental peace and tranquility.**

Prov 14:30

30 A heart at peace gives life to the body, but envy rots the bones.

NIV

Job 5:2

2 Resentment kills a fool, and envy slays the simple.

NIV

God the Maker of man through King Solomon makes it clear that a man's health is tied to the condition of his mind (heart). If you have peace within always, you will live healthy and enjoy life to the fullest. He declares that envy destroys and kills. Bones in the above passage represents man's body.

"The word heart is used in scripture as the seat of life or strength; hence it means mind, soul, spirit, or one's entire emotional nature and understanding. It is also used as the centre of inner part of a thing." (Crudens concordance)

Strong defines the 'heart' (3820) thus: "The heart; also used (figuratively) very widely for the feelings, the will and even the intellect; likewise for the centre of anything."

Peace is quietness of mind. It means calmness. Peace is the absence of worry, anxiety, fear, envy, anger, resentment and hate. Peace is a mental state that enhances the flow of life in the body of man. Your thoughts determine peace or restlessness. Peace enables God's life to flow within a man. Peace proves faith and confidence in God which makes it possible for God's strength to be activated in a man to help him go through tough times without being broken or shattered by it, thereby changing the ugly and unpleasant situation. Peace creates the right atmosphere for God's power to move mountains and solve problems for His people who look up to Him for help. And when help does not come, distress and depression takes over as the bad thoughts continue unabated.

Isa 30:15

15 This is what the Sovereign LORD, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.

NIV

Ps 46:10

10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

NIV

2. Positive thoughts improve health while negative thoughts destroy it.

When a man dwells on positive thoughts, he becomes happy and cheerful and that enhances his health as all tension in the body is released and destroyed, the tight muscles are released and life flows unabated. Negative thoughts like worry, anxiety, fear, envy, rejection, inferiority complex, anger, resentment and hate cuts off the flow of joy and happiness as the mind is beclouded with evil, and tension builds up in the body and making it to become weaker in every area.

Prov 15:13

13 A happy heart makes the face cheerful, but heartache crushes the spirit.

NIV

When a man begins to dwell negatively on a problem, he becomes totally captivated and consumed by it to the point he can no longer think straight. His thoughts and words becomes confusing and in some cases completely out of order. At such times, he becomes easily irritated and gets angry quickly and often, becomes very rude and agitated over simple matters, wrong decisions are made, losses incurred as a result of wrong decisions which increases his concerns and worries, constant headache is experienced, sleepless nights becomes the order of the day, withdrawal from people, hatred and aggression towards all, suicide is contemplated and total mental breakdown becomes the end result. Negative thoughts destroy a man's health as chemical imbalance is created in the brain.

3. Anxiety depresses the mind, but positive words drives it away.

Prov 12:25

25 An anxious heart weighs a man down, but a kind word cheers him up.

NIV

Prov 12:25

25 Anxiety in the heart of man causes depression, But a good word makes it glad.

NKJV

Anxiety, worry or any other negative thought does not make things better, but worse. It takes positive and kind words to drive out depression. If you are suffering from depression for any reason, you need to give your ears to positive words – good news. You need to hear the opposite of the negative things your mind has been dwelling on. If freedom from depression is on your mind, you need to listen to those who will speak positive and faith filled words into you. While anxiety depresses, good words (news) makes the heart glad. Give yourself to hearing it. Cutting yourself off from people who will encourage you with positive words is refusal to be delivered. Depression does not help anyone. It only destroys. It takes away your right to be free, live and enjoy life. Depression makes you a prisoner of your own evil and negative thoughts. It cuts you off from good people who love you. To refuse to give your ears to positive words from other people is a proof that you have accepted defeat. Why will you accept defeat when God has already declared you a winner? You are a winner. Believe it, see it and experience it. Give yourself to positive words from the Bible.

Prov 15:30

30 The light in the eyes [of him whose heart is joyful] rejoices the hearts of others, and good news nourishes the bones.

AMP

4. The joy glowing from others can spark of joy in the one that is mentally down.

It isn't right for anyone to cut himself off from other people, for we need each other to live a fulfilling and happy life. The joyful glow from others can stir excitement and joy in the sad and depressed.

Prov 15:30

30 A cheerful look brings joy to the heart, and good news gives health to the bones.

NIV

Prov 15:30

30 The light in the eyes [of him whose heart is joyful] rejoices the hearts of others, and good news nourishes the bones.

AMP

The company you keep matters a lot. If you keep company with happy and excited people, you will definitely be affected by their enthusiasm for life. And if you are depressed, you will quickly overcome.

Prov 13:20

20 He who walks with the wise grows wise, but a companion of fools suffers harm.

NIV

1 Cor 15:33

*33 Do not be misled: "Bad company corrupts good character."
NIV*

The above passages prove that friends are influence, and that the people we associate with affect us positively or negatively. To overcome depression you need to move with positive people who have enthusiasm for life and for God and knows how to surrender all to God and keep their joy.

5. Rejoicing has curative powers over depression.

Prov 17:22

*22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.
NIV*

Prov 18:14

*14 A man's spirit sustains him in sickness, but a crushed spirit who can bear?
NIV*

The act of rejoicing, making merry, singing and dancing is therapeutic in nature. It does not only make you happy and want to live life more, it relaxes the mind and body and makes all your body organs to function well and promotes good health. It releases the body from all tension and relaxes the muscles and nerves. Singing praises to God disconnects one from his worries and challenges, and helps him focus on God the great and merciful. As his mind in praise and worship dwells on God's faithfulness, goodness and awesome power, there is a release in him as the flow of God's grace and life begins a transforming and quickening work to energize him to overcome while yet joyful.

Refuse to be saddened by situations. Refuse to lose your joy and enthusiasm. Practice praise and worship even when not in a church service. Dance to songs of praise to God. Dance to the joyful music from your spirit and never give in to depressing thoughts. Release the joy of the Lord for it is your strength. Rather than worry or become anxious over situations, with thanksgiving cast your cares and challenges to God, and His peace will keep your heart and mind. A crushed (depressed) spirit dries up the bones – rheumatism, arthritis and failing of health.

Phil 4:4-7

*4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
NIV*

6. God is committed to healing the broken heart.

Ps 147:3

*3 He heals the brokenhearted and binds up their wounds.
NIV*

God does not want man to suffer. He proved this when he sent His one and only Son Jesus Christ into this world to suffer and die for man. He also gave us the Holy Spirit to be our Helper, Strengthener, Guide, Teacher, Comforter, Counselor and Standby.

Through out the life and ministry of Jesus Christ on earth, He healed many who were oppressed of the Devil. He showed that our Heavenly Father is interested in the wellbeing of His people. He came that we may have life, and have it more abundantly. He has been healing the brokenhearted, and He is still healing such today. He does not only want to heal you, but keep you from being heartbroken if only you will follow His laws and principles.

7. God will keep you in perfect peace if you will focus your thoughts on Him rather than on your problem or adverse circumstance.

Isa 26:3

*3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.
KJV*

God will keep your mind in perfect peace if only you will focus your mind on Him, His covenant with you and promises and not the problem or challenge before you. It is also important that you know what you focus your mind on increases in strength and power. It is in this vein that God wants all His people not to fix their minds on the problems or challenges, but on Him. When the mind is fixed on God, the reality of God and His word fills the mind, God becomes greater and greater and the problem becomes smaller and smaller. As this goes on in the mind of man, God gives peace, and when there is peace, the strength of God is released to make things happen, meet needs and solve problems. When the mind is fixed on the situation, it grows in strength in the mind – the anthill becomes a mountain, the problems become stronger and frightening. And as a result, worry, anxiety, panic and fear seize the mind and faith dies, making it impossible for God to meet needs and solve problems.

God is committed to give His peace to the one who focuses his mind on God and His promises and not on his challenges and needs. It is true, the challenge before you will be pulling your mind to focus on it, and you must resist such and determine to focus on God, knowing that, that is the only way to win. Do not forget, it takes the atmosphere of peace, rest, quietness and trust to get God to answer prayers.

TO OVERCOME DEPRESSION

1. Accept that depression is not good for your health and life.
2. Accept that you need the help of positive minded people who know God and believe absolutely in the words and power of God.
3. Give yourself to hearing positive and good words from God's word spoken by people who know it and love you, so you can be helped.
4. Associate with joyful and enthusiastic people and be affected by their joyful life.
 - Do not be intimidated by their enthusiasm and by the fact that you are not enthusiastic as they are.
 - Close your ears to such suggestions from the devil.
5. Determine to cast away and break the circle of negative thoughts and become positive minded about all that trouble your mind – your past, present and future.

6. Believe that disappointment, failure, loss, sickness, death of a loved one, broken marriage, prolonged single life, loss of investments, separation from loved ones, unfulfilled dreams and non-achievement, molestation, or whatever is responsible for your depression is not the end of your world. It could be a blessing in disguise if you will let God help and guide you through it all.
7. Determine to be joyful no matter what.
8. Give yourself to singing, dancing and worship and you will be lifted out of the situation.
9. Practice laughter rather than frowning. It relaxes and excites the body, and keeps you free from mental burdens that will affect your body and world negatively.
10. Grow strong faith in God by constantly meditating on the words of God.
11. Grow strong internally and refuse to allow the remembrance of what happened and causing you pain to cause you pain again.
 - Refuse to allow any adverse situation to cause you pain again in your life.
12. Confess the promises of God to yourself. As you say it, you hear it. As you hear it, your mind picks it up and thinks on it. As your mind thinks on it, your faith is strengthened, and your mind and body experience peace. As you keep doing that in faith, you will overcome and be forever free.

CONCLUSION

Peace in the mind is a guarantee to good health and joyful life. To enjoy a healthy life and be free from depression which is the result of negative and evil thoughts, you need to keep your mind from negative thoughts and give your mind to positive thoughts only. Be positive about life. Be positive about challenges and problems that confront you. Always see with the eyes of God and not with the eyes of men. Negativism destroys and kills. Positivism gives joy, enthusiasm and good health.

SUCCESS TIT-BITS

1. **Your tongue is your life.**
2. **The words of your mouth will always return back to you.**
3. **When a man's ways please the Lord he makes his enemies to be at peace with him. (Proverbs 16:7)**
4. **Success is not a gift but a result.**
5. **Faithfulness guarantees promotion and excellence.**
6. **The diligent hands always become great and successful.**
7. **Those who do not know how to give up end up a celebrity.**
8. **The secret of success lies in your attitude to your assignment.**
9. **Challenges only scare the weak, but bring out the best in the strong who dares to challenge the challenge.**
10. **Faith in the heart while the mind is focused on God and his word guarantees victory over every challenge of life.**

11. You can't be against leadership and expect to reap the blessings promised leadership.
12. The life of every man is in phases and in seasons. Understand this and peace will fill your heart.
13. Opportunities are tied to the seasons of a man's life.
14. The only time you have is now. Use it. Get busy and use it wisely.
15. The only problem with seasons is that they come and pass. The evil season you are going through now will come and pass.
16. Since no one can bind nor alter seasons, no one can stop you when your time to rise to the top comes.

WISDOM FOR ASSOCIATION

1. Who you are determines who you move with. You are what you think of yourself.
2. The company you keep to a large extent determine how you live your life.
3. Forbearance is an essential part of love that cannot be set aside if relationships must last a life time.
4. Your life is a result of the inputs from many associates.
5. No relationship leaves you the same. It either makes you better or worse.
6. Loneliness is the absence of a true and positive close companion.
7. If you are not influencing your associates, they are influencing you.
8. Every good relationship in your life is supposed to solve a problem and meet a need. Check yours out.
9. Real love works with understanding. And no relationship can survive without it.
10. Any one who does not know who he is cannot find the right associates that fit him perfectly.
11. Perfecting your personality is a key to successful relationship.
12. Learning how to communicate effectively is essential to sustaining a good relationship.
13. Humility is a key to forgiveness which is the healing balm of relationships.

RENEWING THE MIND

1. The wrong use of the mind brings a heavy burden on the mind and subsequently on the body of man which causes all kinds of sicknesses and diseases.
2. Positive thoughts stimulate joy and happiness which in turn enhances good health and productivity. Negative thoughts induce oppression on the mind and body.

3. **Negative thoughts are an abuse on the human mind. And when the human mind is abused, the body pays for it.**
4. **Peace enables God's life to flow within a man.**
5. **When a man dwells on positive thoughts, he becomes happy and cheerful and that enhances his health as all tension in the body is released and destroyed, the tight muscles are released and life flows unabated.**
6. **"Anxiety in the heart of man causes depression, But a good word makes it glad". Prov 12:25 NKJV**
7. **The joyful glow from others can stir excitement and joy in the sad and depressed.**
8. **The act of rejoicing, making merry, singing and dancing is therapeutic in nature. It does not only make you happy and want to live life more, it relaxes the mind and body and makes all your body organs to function well and promotes good health. It releases the body from all tension and relaxes the muscles and nerves.**